Freezer Breakfast Sandwiches

Ingredients

- 6 eggs
- Salt and pepper to taste
- 6 English muffins, split
- Butter, softened
- 6 slices Cheddar cheese
- 12 slices Canadian bacon

Directions

1. Heat oven to 350°F. Spray 6 ramekins with cooking spray. Crack an egg into each ramekin, and sprinkle with salt and pepper. Use a fork to pierce yolks, and very light beat each. Bake 12 to 15 minutes or until egg is set. Let cool completely, then gently remove from ramekins.
2. To assemble sandwiches, spread insides of English muffins with butter. Fill each English muffin with 1 egg, 1 slice Cheddar cheese and 2 slices Canadian bacon. Wrap each tightly with plastic wrap. Store in freezer up to 2 months, or in the fridge up to 1 week.
3. To reheat, remove from plastic wrap, and cover with paper towel. Microwave at Medium (50%) 2 minutes, turning halfway through.